



X-Walks

Purpose:

This exercise helps strengthen your glute medius and stabilize your hips.

Benefit:

In golf, this adds lateral stability reducing slides and sways.

Instructions:

Grab your FMT and separate the handles to get as much exposed tubing as possible. Step on the tubing with both feet and criss-cross the handles. Now, pull your shoulder blades back and stand all. From here, try to make big side steps in each direction.

Quantity:

Do _____ reps _____ sets on _____ side(s).

